



# COMMAND CHALLENGE

Friday, May 20 6:30am-1pm, Sigsbee Sports Complex  
A fun-filled day of sports competitions pitting all departments against each other!

## ***Sports at NAS Key West***

### **Captain's Cup Golf**

Season started April 8

\$41 per person/per week

Games play every Friday starting at 11am

*\*Teams must prepay by Tuesday at  
Boca Chica Fitness Center prior to play*

### **Cornhole League**

Rosters due May 23

Season starts June 6

First game starts at 5pm every Monday

### **Summer Softball League**

Rosters due May 23

Season starts June 8

First game starts at 5pm every Wednesday

### **Captain's Cup Volleyball League**

Rosters due May 24

Season Starts June 9

First game starts at 5pm every Thursday

For more info or to join a team email

[kwathletics@gmail.com](mailto:kwathletics@gmail.com)

# ***Group Exercise Schedule & Sports Information***



Hours of operation:

**Boca Chica Fitness Center**

5am-8:30pm Mon-Fri

9am-4pm Sat & Sun

**Sigsbee Gym/ITT Building**

7am-6pm Mon-Fri

9am-1pm Sat

Closed Sunday

**Beach Patio Gym**

**Truman Annex**

7am- 8pm Mon-Thurs

7am-9pm Fri

10am-9pm Sat

10am-8pm Sun



**Schedule begins  
May 9, 2016**

For more information call (305) 293-2480  
or e-mail [bocachicagym@gmail.com](mailto:bocachicagym@gmail.com)

Our Group Exercise classes are designed for all fitness levels, from beginner to advanced. Schedule subject to change without notice.

## Schedule begins May 9, 2016

### Monday

7-7:45am **Cycling** (BCCS)  
5:15-6:15pm **SKILLZ** (BCG)

### Tuesday

10-10:45am **HIIT** (BCG)  
4:30-5:15pm **TRX** (BCG)  
6-6:45pm **Cycling** (BCCS)

### Wednesday

5:15-6pm **HIIT** (BCG)

### Thursday

10:30-11:30am **Gentle Yoga** (SCC)  
5:30-6:15pm **Cycling** (BCCS)

### Saturday

9:15-10:15am **Circuit** (BCG)  
**Paddleboard** – May 14 only!  
(Sigsbee Marina)  
\*\*Time TBD depending on weather  
and group.

# SKILLZ



*Enhance your athletic, sports and training skills  
through various strength workouts and drills.  
Use medicine balls, TRX straps and outside  
equipment to improve overall performance.*

BCG – Boca Chica Gymnasium  
BCES – Boca Chica Exercise Studio  
BCCS – Boca Chica Cycling Studio  
SCC – Sigsbee Community Center

## Class Descriptions

**Circuit** – Increase endurance and strength while performing intervals and agility drills. Stations with a variety of equipment will be used.

**Cycling** – Get a great cardio workout while riding a stationary bike. Cycling Studio is located by the Chiefs Mess.

**Gentle Yoga** – Learn basic yoga principles and breathing techniques, while practicing gentle yoga poses and basic stretches. Intermediate options will be given. Mats provided.

**HIIT** – High Intensity Interval Training; Be sure to break a sweat while performing intervals and agility drills to increase endurance and burn fat!

**Paddleboard** – Learn basic paddling techniques. Launch at Sigsbee Marina.

**SKILLZ** – Enhance your athletic, sports and training skills through various strength workouts and drills. SKILLZ is for intermediate to advanced levels of athletic and sports skills. SKILLZ uses medicine balls, TRX straps and outside equipment (tires, track) along with many various types of equipment. Increase your overall performance!

**TRX** – Build strength while using suspension straps. This unique workout will improve core strength, balance and flexibility as well. This class may use other equipment besides just the TRX suspension straps.

## New SKILLZ class Monday! Cycling on Thursday is back!

[QUESTIONS, COMMENTS OR  
CONCERNS? EMAIL  
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